

Perm

Compte: 32

Mur: 4

Niveau: Improver / Funky

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Musique: Perm - Bruno Mars : (3:30)



S1: BOUNCE, STEP, PIVOT 1/2, ROCK STEP, BACK STEP, BACK TOUCH, TURN 1/2

- 1 RF Step Together and Knee Band(1)
- 2 LF Step Forward(2)
- 3-4 RF Step Forward(3), LF Turn 1/2 L(4)
- 5&6 RF Step Forward(5), LF Recover Weight(&), RF Step Backwards(6)
- 7-8 LF Touch Backwards(7), LF Turn 1/2 L(8)

S2: BALL PUSH, PULL, BALL CHANGE, BALL PUSH, STEP TWIST 2X

- 1-2 RF Diagonal Ball Push(1), RF Pull L Together(2)
- 3-4 LF Diagonal Ball Push(3), LF Pull R Together(4)
- 5&6 RF Jump R(5), RF Twist Heel(&), RF Twist Toe(6)
- 7&8 LF Jump L(7), LF Twist Heel(&), LF Twist Toe(8)

(*Last Twist Toe with Turn 1/8 L 10:30)

S3: TOUCH 4X, HITCH, TURN 1/4, HITCH

- 1&2& RF Heel Touch Forward(1), RF Step Together(&), LF Heel Touch Forward(2), LF Step Together(&)
- 3&4& RF Heel Touch Forward(3), RF Step Together(&), LF Heel Touch Forward(4), LF Step Together (&)
- 5-6 RF Diagonal Hitch L(10:30)(5), RF Touch R(6)
- 7-8 RF Turn 1/4 R(1:30)(7), LF Diagonal Hitch R(8)

S4: TOUCH, HEEL SWIVEL 1/4 2X, HITCH, TURN 1/4

- 1-2 LF Touch L(1), LF Turn 1/4 R with Heel Drop(10:30)(2)
 - 3-4 RF Heel Swivel 1/4 R(10:30)(3), RF Diagonal Hitch L(4)
 - 5-6 RF Touch 1/8 R(12:00)(5), Touch 1/8 R(1:30)(6)
 - 7-8 RF Touch 1/8 R(3:00)(7), Touch 1/8 R(6:00)(8)
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